

## Femoral Osteochondritis Dissecans Fixation

	<b>Phase I: weeks 0-4</b>	<b>Phase II: 5-6 weeks</b>	<b>Phase III: weeks 7-12</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• TTWB with crutches</li> <li>• Brace locked in full extension when ambulating or sleeping</li> <li>• Brace may be unlocked 0-90° when sitting, resting, completing PROM exercises, and for hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• TTWB with crutches</li> <li>• Brace may be unlocked to full flexion at all times including for ambulation</li> <li>• Brace may be removed for sleeping</li> </ul>	<ul style="list-style-type: none"> <li>• Progress to WBAT 0-90° (no weight-bearing &gt;90°)</li> <li>• Discontinue brace when no extension lag and quadriceps strength adequate for ambulation</li> </ul>
Aerobic	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Stationary bike</li> </ul>
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• PROM → AAROM → AROM 0-90° without weight-bearing</li> <li>• Isometric quad sets</li> <li>• Heel slides</li> <li>• Patellar mobilization</li> <li>• Straight-leg raises (with brace initially but may do without brace when no extension lag)</li> <li>• Ankle pumps</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase I exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase II exercises</li> <li>• Closed chain knee extension</li> <li>• Weight-bearing soleus and gastrocnemius stretch</li> <li>• Lunges</li> <li>• Mini-squats</li> <li>• Weight-shifts</li> <li>• Begin step-up program (0-90°)</li> <li>• Begin balance and proprioceptive training</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Modalities as needed to reduce pain/swelling and for muscle re-education</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>		
Goals	<ul style="list-style-type: none"> <li>• Pain control</li> <li>• Protect tissue healing</li> <li>• Minimize joint stiffness</li> </ul>	<ul style="list-style-type: none"> <li>• Pain control</li> <li>• Protect tissue healing</li> <li>• Regain full ROM</li> </ul>	<ul style="list-style-type: none"> <li>• Gait Training</li> <li>• Begin aerobic exercise</li> <li>• Begin strengthening</li> </ul>

	<b>Phase IV: weeks 13-16</b>	<b>Phase V: weeks 16+</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• WBAT</li> </ul>	
Aerobic	<ul style="list-style-type: none"> <li>• Advance stationary bike</li> </ul>	<ul style="list-style-type: none"> <li>• Begin walk-jog-run progression</li> </ul>
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• Continue Phase III exercises</li> <li>• Unrestricted ROM even with weight-bearing</li> <li>• Advance closed-chain exercises</li> <li>• Begin progressive squat program</li> <li>• Begin step-down program</li> <li>• Begin leg press (starting with body weight only)</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase IV exercises</li> <li>• Begin plyometrics</li> <li>• Begin sport-specific training</li> <li>• Gradual return to athletic activity as tolerated</li> <li>• Maintenance program</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Modalities as needed to reduce pain/swelling and for muscle re-education</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>	
Goals	<ul style="list-style-type: none"> <li>• Advance strengthening exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Progress aerobic exercise</li> <li>• Advance to athletic and sport-specific activities as tolerated</li> </ul>